

September 15, 2026

Jesus in the Kitchen

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Jesus in the Kitchen

https://www.youtube.com/watch?v=zgvV_iQW400



I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world.

JOHN 16:33

JESUS IN THE KITCHEN

It was 6:30 a.m., and smoke from nearby wildfires clung heavily over the Bitterroot Mountains. Its heaviness seemed to mimic my heart as my husband's fifth anniversary in heaven approached.

But the sweet plea of my kitties for breakfast—and love, in that order—woke me from my daze.

Brilliant reds and oranges of leaves changing in the morning dew caught my attention. Another year was passing, and the seasons were preparing to turn once again. As I looked at their beauty, I silently prayed, "Lord, still my heart so I can serve You."

Suddenly, I visualized Jesus standing in my kitchen. Wow. How reassuring! His words soothed my troubled heart:

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world."—John 16:33

The heaviness began to subside, and my heart once again felt His peace.

Then the sweet melodies of Lauren Daigle filled the room, reminding me of God's tender care. Her song spoke of sparrows, roses, oceans, and seasons—all held securely in His hands.

Her words reminded me of something I already knew, but needed to hear again:

God sees the sparrow. He clothes the roses. He commands the oceans. He tells the seasons when it is time to turn.

And if He cares so tenderly for all He has created, how much more does He care for me?

The smoke may obscure the mountains, and grief may still cloud my heart, but neither can hide His presence. Perhaps that is what I needed most that morning—not for the grief to disappear, but to be reminded I don't have to carry it alone.

Jesus met me right there in my kitchen.

And He reminded me, once again, "Take heart. I have overcome the world."

Whatever season we find ourselves in, we can trust Him to meet us there, hold our hearts close, and give us everything we need. Even when it hurts, He is still with us.

Closing Prayer

Lord Jesus, when our hearts feel heavy and the seasons of life bring tears, remind us You are near. Still our hearts with Your peace and help us trust You, even when we don't understand. Thank You for meeting us in the ordinary places of our lives and reminding us we are never alone. Give us the strength for whatever today holds and the faith to trust You with every tomorrow.

In Jesus' name, Amen.

Karen Good

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